

# **Appendix A**

## **Carteret County**

### **Inventory of Community Health Resources**

#### **Introduction:**

As part of Carteret County's 2009 Community Health Assessment, the Health Department has compiled the following two-part inventory of community health resources. The first section is a listing of health facilities and medical providers and the second, is a list of health-related supportive services. As Carteret County continues to grow and change, so will its community health resources, therefore this list will be reviewed and updated annually.

#### **Changes:**

From our data, it appears that the number of active health care professionals has stayed steady since 2000 and some specialties have increased slightly. However, the number of active psychologists went down from eight to six in that same time period. In addition, there are fewer urgent care centers now, compared to several years ago. It is unclear what impact these changes have made in the health of the citizens of Carteret County. Nonetheless we will continue to monitor and report changes in community health resources.

#### **Gaps in Services:**

Input from community forums as well as responses from community opinion survey participants stated access to care continues to be an issue. Issues ranging from the need of transportation for out of town medical appointments to finding and utilizing mental health and substance abuse treatment services in the county.

#### **NC CARELINK- Online Resource Directory**

NC Carelink is a **comprehensive health and human services web site** that will provide up-to-date information about programs and services across North Carolina for families, seniors, youths and everyone in-between. It is a collaborative effort of the North Carolina Department of Health and Human Services and many other government and non-profit information and referral stakeholders across North Carolina. This site is operational however it is still under construction and all available resources for Carteret County may not be listed in this database yet! When complete the statewide CARE-LINE Information and Referral Service will be able to generate computer lists of health and human service agencies as well as local community programs available in every county.

CARE-LINE Information and Referral Service  
N.C. Department of Health and Human Services  
325 North Salisbury Street, Raleigh, NC 27603-1383  
24 Hour hotline: 1-800-662-7030  
Web site [www.nccarelink.gov](http://www.nccarelink.gov)

## **Part I – Health Facilities/Medical Providers:**

- Adult Care Homes
- Chiropractic Physicians
- Dentists (By Location)
- Dental Specialists
- Family Care Homes
- Fitness Centers, Gyms and Health Clubs
- Free Clinics
- Home Care Only Facilities
- Hospice Facilities
- Hospital/Emergency Room
- Jail Health
- Medical and Health Equipment Suppliers
- Medical and Health Transportation
- Mental Health Facilities
- Nursing Facilities
- Nutritionists and Nutritional Counseling
- Opticians/Optometrists
- Pharmacies
- Physicians (By Specialty)
- Poison Control Center
- Public Health Department
- Renal Dialysis Centers
- Substance Abuse Services\* (*local and regional*)
- Urgent Care Centers
- Veterans Primary Care Clinic
- Veterans Administration Services Office

\*Source Healthy Carolinians of Carteret County's Booklet of Local and Regional Resources to Assist Carteret County Citizens Facing Alcoholism and/or Drug Addictions. \* 2009 Edition

## **Part II – Health-Related Supportive Programs and Services:**

- Blind Services
- Breast Feeding Support Services
- Childcare Facilities and Family Child Care Homes
- Community Foundations
- Community Parks and Recreation
- Complementary Health Practitioners
- Crisis Counseling
- Deaf/Hard of Hearing Services
- Department of Social Services
- Free Health Screenings
- Food Pantries and Food Ministries
- Head Start and Early Head Start Programs
- Health Promotion Programs
- Hispanic Community Resources
- Mayor's Committee for Persons with Disabilities
- National Alliance on Mental Illness (NAMI)
- Parenting Programs
- Parish Nursing Program
- Public Transportation
- Quit Smoking
- Senior Programs and Services
- Vocational Rehabilitation
- Water Laboratories

## APPENDIX A

### Part I. Health Facilities and Medical Providers

#### Adult Care Homes

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**Carolina House of Morehead City**

Southern Assisted Living, Inc.  
107 Bryan Street  
Morehead City, NC 28557  
Phone: 252-726-4454

**Somerset Court of Newport**

3020 Market Street  
Newport, NC 28570  
Phone: 252-223-2600

**The Heritage of Newport**

P. O. Box 1029  
453 Howard Blvd.  
Newport, NC 28570  
Phone: 252-223-4554

#### Chiropractic Physicians

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Barnum Chiropractic & Wellness	252-726-3324
Carteret Non-Surgical Spinal Decompression Center	252-222-0730
Cedar Point Chiropractic Center	252-393-5090
Cherry Point Chiropractic & Rehab Center	252-444-3377
Graham Chiropractic Center PA	252-838-8810
Havelock Chiropractic Center	252-447-0791
Health Source Chiropractic & Progressive Rehabilitation	910-325-0834
Kathryn A. Jacobson, DC	252-726-5316
McLaughlin Chiropractic Center	252-808-2888
Meadows Chiropractic Center	252-247-2500
Sklar Chiropractic Center	252-247-2261
Swansboro Chiropractic Center	910-325-0834

## Dentists and Dental Specialists

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### Atlantic Beach:

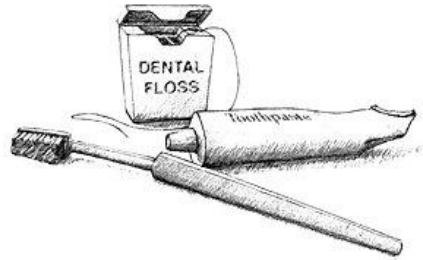
**J. E. Cameron, DDS, PLLC**

**Edsel Cline, DDS**

501 Atlantic Beach Causeway

Atlantic Beach, NC

Phone: 252-247-6704



### Morehead City:

**Health Department Mobile Dental Clinic**

3820 Bridges Street, Suite A

Morehead City, NC

Phone: 252-222-7721

**Beverly Cozart, DDS**

**George Sutton, DDS (part-time)**

218 Professional Circle

Morehead City, NC

Phone: 252-726-2360

**Barrett Davis, Jr., DDS**

304 Penny Lane

Morehead City, NC

Phone: 252-726-9555

**Cherryl A. Davis, DDS**

316 Commerce Avenue

Morehead City, NC 28557

Phone: 252-247-4900

**James "Clark" Johnson, DDS**

5380-D Highway 70

Morehead City, NC 28557

Phone: 252-247-0500

**Mary Moran Day, DDS**

217 Professional Circle

Morehead City, NC 28557

Phone: 252-222-3333

**Paul Getty, DDS**

409 N. 35<sup>th</sup> Street

Morehead City, NC

Phone: 252-726-1421

**David P. Robertson, DDS**

3002 Bridges Street

Morehead City, NC

Phone: 252-726-1461

**Stephen Smith, DDS**

**Chauncy Nelson, DDS**

**Christopher Bradley, DDS**

**Cliff Schweitzer, DDS**

405 N. 35<sup>th</sup> Street

Morehead City, NC

Phone: 252-247-2169

**G. Thomas Ward, DDS**

**Denard Thomas Lawrence II, DDS**

3302 Bridges Street, Suite H

Morehead City, NC

Phone: 252-247-5683

**James Wells, DDS**

208 Professional Circle

Morehead City, NC

Phone: 252-247-3010

**Donald L. Westbrook, DDS (part time)**

**Kenneth L. Westbrook, DDS**

3708 Symi Circle

Morehead City, NC

Phone: 252-726-5778

**Jack Winchester, DMD**

3705 Symi Circle

Morehead City, NC

Phone: 252-247-3510

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### Dentists (By Location) Continued

#### **Beaufort:**

**David Short, DMD**  
1702 Live Oak St.  
Beaufort, NC  
Phone: 252-728-4570

**Linda Swain, DDS**  
200 Lockhart Dr.  
Beaufort, NC  
Phone: 252-504-2138

**Ray Vallecillo, DDS**  
**Alina Vallecillo Peters, DDS**  
1621 Live Oak St.  
Beaufort, NC  
Phone: 252-728-2025

#### **Newport:**

**Harry M. Worden, DDS**  
271 Howard Blvd.  
Newport, NC  
Phone: 252-223-4161

#### **Emerald Isle:**

**Floyd Campen, DDS**  
**Jimmie Haynes, DDS**  
**Harold J. Kear, DDS,**  
8914 Reed Dr  
Emerald Isle, NC  
Phone: 252-354-4688

#### **Cedar Point:**

**Richard Holmes, DDS**  
710 Cedar Point Blvd.  
Cedar Point, NC  
Phone: 252-393-2353



#### **Cape Carteret:**

**James Harrold, DDS**  
**Darren Sholar, DDS**  
**Jeffrey H. Scott, DDS**  
**Drs. Bucklew & Stroud**  
**Drs. Liles & Bragg**  
202 WB McLean Drive  
Cape Carteret, NC  
Phone: 252-393-8168

### **Dental Specialists**

#### **Oral Surgery**

**Jeffrey Vinton, DDS**  
**Bedford Smith, DDS**  
501 Penny Lane  
Morehead City, NC  
Phone: 252-247-2258

#### **Endodontics**

**Richard Stevens, DDS**  
4251 Arendell Street  
Morehead City, NC 28557  
Phone: 252-240-3636

#### **Orthodontics**

**Willis, Vanek, Ball, and Fischer, PA**  
11 Medical Park Ct.  
Morehead City, NC  
Phone: 252-726-1137

#### **Sanborn Orthodontics**

4251-F Arendell Street  
Morehead City, NC 28557  
Phone: 252-727-0020

#### **Periodontics**

**Rubert Pearce, DDS**  
Carteret Professional Center  
3112 Arendell St., Suite 7  
Morehead City, NC  
Phone: 252-247-5602

## **Family Care Homes**

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### **Crystal Coast Family Care I**

107 Graham Lane Beaufort, NC 28516  
Phone: 252-728-4422

### **Crystal Coast Family Care II**

105 Graham Lane Beaufort, NC 28516  
Phone: 252-728-7174

### **Harris Family Care Home**

834 Highway 101 Beaufort, NC 28516  
Phone: 252-728-6525

### **Wadin Creek Family Care**

819 Highway 101NC  
Beaufort, NC 28516  
Phone: 252-728-6525

## **Fitness Centers, Gyms, and Health Clubs**

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### **Cape Carteret Aquatics and Wellness Center**

300 Taylor Notion Road  
Cape Carteret, NC 28584  
Phone: 252-393-1000

### **Curves**

1726 Live Oak Street  
Beaufort, NC 28516  
Phone: 252-728-1444

### **Curves for Women**

4219 Arendell Street  
Morehead City, NC 28557  
Phone: 252-247-5239

### **Eastern Athletic Club**

105 Professional Park Drive  
Beaufort, NC 28516  
Phone: 252-728-1700

### **Gold's Gym**

5167 Hwy 70  
Morehead City, NC 28557  
Phone: 252-247-4653

### **Snap Fitness 24-7 (Beaufort)**

1718 Live Oak Street  
Beaufort, NC 28516  
Phone: 252-728-3357

### **Snap Fitness 24-7 (Morehead City)**

2900 Arendell Street  
Morehead City, NC 28557  
Phone: 252-622-4222

### **Snap Fitness 24-7 (Newport)**

6919 Hwy. 70 East  
Newport, NC 28570  
Phone: 252-777-4349

### **Sportscenter Health Club**

701 N. 35<sup>th</sup> Street  
Morehead City, NC 28557  
Phone: 252-726-7070



## APPENDIX A

### Free Clinics

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#### **Broad Street Clinic**

534 North 35<sup>th</sup> Street, Suite K Morehead City, NC 28557

Phone: 252-726-4562

Email: [freeclinic@bizec.rr.com](mailto:freeclinic@bizec.rr.com)

Provides services for uninsured persons who fit income guidelines and have a diagnosis of one or more of the following medical conditions: diabetes, hypertension, chronic lung disease or chronic heart disease. Pharmacy services also provided.

### Home Care Only Facilities

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#### **CVC Home Medical, Inc.**

3302 Bridges Street, Suite C

Morehead City, NC 28557

Phone: 252-726-3556

#### **Carolina Home Medical, Inc.**

5209-A Hwy 70 West

Morehead City, NC 28557

Phone: 252-222-0038

#### **Carteret Home Health Services**

302 Medical Park Court

Morehead City, NC 28557

Phone: 252-808-6081

#### **Extensions of Morehead**

312 Commerce Avenue, Suite D

Morehead City, NC 28557

Phone: 252-726-2338

#### **Friendly Caregivers**

2302- D Arendell Street

Morehead City, NC 28557

Phone: 252-240-1234

#### **Heart to Heart Home Care**

157 Pearson Circle

Newport, NC 28570

Phone: 252-474-3850

#### **Home Helpers**

2896 Croatan Crossing Hwy. 24, Suite G

Newport, NC 28570

Phone: 888-727-0330

#### **In Touch Home Care**

120 Bogue Landing Drive

Newport, NC 28570

Phone: 252-726-6780

#### **Liberty Home Care**

##### **Liberty Nursing Services**

1206 Arendell Street

Morehead City, NC 28557

Phone: 252-247-4748

#### **Liberty Medical Specialties, Inc.**

202 Penny Lane, Suite D

Morehead City, NC 28557

Phone: 252-247-3647

#### **Liberty Nursing & Private Care Services**

1206 Arendell Street

Morehead City, NC 28557

Phone: 252-247-4848

#### **Professional Nursing Service, Inc.**

212 N. 35<sup>th</sup> Street

Morehead City, NC 28557

Phone: 252-247-6911

#### **Tar Heel Home Health**

5167 US Hwy 70 West, Suite 100

Morehead City, NC 28557

Phone: 252-726-9300

## Hospice Facilities

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### **\*\*Community Home Care and Hospice**

3328-D Bridges Street  
Morehead City, NC 28557  
Phone: 252-240-1142

### **Continuum Home Care & Hospice of Carteret County**

210 Foxhall Road  
Newport, NC 28570  
Phone: 252-223-2560

*\*\* Denotes Accreditation by NC DHHS- Division of Health Services  
Regulation*

### **\*\*Hospice of Carteret County**

302 Medical Park Court  
Morehead City, NC 28557  
Phone: 252-808-6085

### **\*\*Liberty Home Care and Hospice**

1206 Arendell Street  
Morehead City, NC 28557  
Phone: 252-247-4748

### **Crystal Coast Hospice House**

P. O. Box 483  
Morehead City, NC 28557

## Hospitals/Emergency Rooms

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### **Carteret General Hospital**

3500 Arendell Street Morehead City, NC 28557  
Phone: 252-808-6000  
Website [www.ccgh.org](http://www.ccgh.org)



*Carteret General Hospital offers a full range of acute care, diagnostic and outpatient services including a comprehensive Cancer Treatment Center, CGH Imaging Center, CGH Specialty Clinic, Hospice of Carteret County, Carteret Home Health, Cardiac Rehabilitation, Birthing Center and CGH Urgent Care.– See website to find listings of local physicians by specialty*

**FOR EMERGENCIES DIAL 911**

## Jail Health Program for County Jail

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### **Southern Health Partners**

811 Broad Street, Fifth Floor  
Chattanooga, TN 37402  
Email: [info@southernhealthpartners.com](mailto:info@southernhealthpartners.com)  
Phone: 1-888-231-2888

## APPENDIX A

### Medical and Health Equipment Suppliers

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**Carolina Home Medical, Inc.**

5209 Hwy 70  
Morehead City, NC 28557  
Phone: 252-222-0038

**CVC Home Medical Inc.**

3302 Bridges Street  
Morehead City, NC 2857  
Phone: 252-726-3556

**Freedom Medical Equipment**

4119 Arendell Street  
Morehead City, NC 28577  
Phone: 252-247-6282

**Liberty Medical Specialties**

3601 Bridges Street  
Morehead City, NC 28557  
Phone: 252-247-3657

**Matter Medical Services**

160 Yacht Club Drive  
Newport, NC 28570  
Phone: 252-393-2694

**Medical Park Pharmacy & Home Medical**

301 Penny Lane  
Morehead City, NC 28557  
Phone: 252-726-0777

### Medical and Health Transportation

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**Crystal Coast Medical Transport**

534 N. 35<sup>th</sup> Street  
Morehead City, NC 28557  
Phone: 252-808-2850

**Medical Transport Solutions**

3310 Arendell Street  
Morehead City, NC 28557  
Phone: 252-247-4689

**Carteret County Area Transportation System (CCATS)**

3820 Bridges Street, Suite C

Morehead City, NC 28557

Ride Request Line/ General Information: 252-240-1043

TDD/TTY: 1-800-735-2962



### Mental Health Facilities

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**Atlantic House**

(Psychosocial Rehabilitation)  
3900 Bridges Street  
Morehead City, NC 28557  
Phone: 252-726-9732

**LIFE, Inc. /Nine Foot Road Group Home**

Supervised Living DD Adult  
1229 Nine Foot Road  
Newport, NC 28570  
Phone: 252-223-3774

**LIFE, Inc. /Grey Fox Group Home**

(Supervised Living DD Adult/Intermediate  
Care Facility)  
312 Grey Fox Run  
Newport, NC 28570  
Phone: 252-223-2466

**New Opportunities of****Carteret County, Inc.**

(Day Treatment)  
117 East Fort Macon Blvd.  
Atlantic Beach, NC 28512  
Phone: 252-243-4450

## **Mental Health Facilities Continued**

### **Monarch**

(Supervised Living DD Adult)  
2331 N. Lakeview Drive  
Newport, NC 28570  
Phone: 252-223-3925

### **Schooner Shores**

(Supervised Living DD Adult)  
681 Highway 101  
Beaufort, NC 28516  
Phone: 252-728-1251

### **Station Club Enterprise Carobell, Inc.**

(Adult Developmental Vocational Programs)  
306 Church Street  
Morehead City, NC 28557  
Phone: 252-240-1025

### **The Rouse House**

(Supervised Living/Alternative Family Living)  
309 Primrose Place  
Newport, NC 28570  
Phone: 252-223-2986

## **Nursing Facilities**

### **Britthaven of Newport**

210 Foxhall Road  
Newport NC 28570  
Phone: 252-223-2560

### **Crystal Bluffs Rehabilitation and Health Care Center**

4010 Bridges Street Extension  
Morehead City, NC 28557  
Phone: 252-726-0031

### **Harborview Health Care Center**

812 Shepard Street  
Morehead City, NC 28557  
Phone: 252-726.6855

### **Snug Harbor on Nelson Bay**

272 Highway 70, P. O. Box 150  
Sea Level, NC 28577  
Phone: 252-225-4411

### **Taylor Extended Care Facility**

P. O. Box 100  
Sea Level, NC 28577  
Phone: 252-225-4611

## **Nutritionists and Nutritional Counseling**

### **Marta Pearson, RD. LDN, MPH**

Morehead City, NC 28557  
Phone: 252-342-7753

### **Nutrition Works, Inc.**

Shelia Garner, RD, LDN, CDE  
353 Howard Blvd.  
Newport, NC 28570  
Phone: 252-223-3914

### **Carteret General Hospital**

Outpatient Diet Program – referral by physician  
Diabetic Education & Counseling Class  
Phone: 252-808-6689

## APPENDIX A

### Nutritionists and Nutritional Counseling

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#### Expanded Food and Nutrition Education Program (EFNEP)

##### Cooperative Extension

303 College Circle

Morehead City, NC 28557

Phone: 252-222-6352

*For low income families – available in English and Spanish*

#### Women Infants Children (WIC) - Food & Nutrition Program

##### Carteret County Health Department

3820 A Bridges Street

Morehead City, NC 28557

Phone: 252-728-8550

*For Pregnant, Breastfeeding and Postpartum Women and Children ages 0 -5. Eligibility Requirements*

### Optician/Optometrist

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Beaufort Vision Clinic	252-838-8822
Carteret Vision Center	252-247-4661
Coastal Eye Clinic PA	252-240-3077
Covington Optometric Family Eye Care	252-728-6611
Crystal Coast Vision Clinic	252-726-2070
Doctors Vision Center	252-393-3010
Doctors Vision Center (MHC)	252-222-3090
Eye Care Center	910-326-3050 or 252-727-5290
Eye to Eye	252-240-3937
Dr. David Farrior	252-728-3350
Waner Family Eye Care	252-622-4359



### Pharmacy Locations

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Beaufort Drug Company	252-728-2006
Bell's Drug Store, BFT	252-728-3810
Carteret Family Practice Pharmacy	252-808-3784
Carteret General Hospital Pharmacy	252-808-6126
Community Pharmacy	252-726-7787
Realo Pharmacy, Cape Carteret	252-393-3345
CVS, MHC	252-726-0303
CVS, BFT	252-728-4217
CVS, EI	252-354-3072
Eckerd, MHC	252-726-4104
Eckerd, AB	252-247-6933
Eckerd, BFT	252-728-7700
Family Pharmacy & Home Medical	252-223-3291
KMART	252-247-2174
Medical Park Pharmacy	252-726-0777

#### **-Pills can Kill-**

##### **Operation Medicine Cabinet**

Get rid of expired, unused, or unwanted prescription and over-the-counter drugs during the community drug drop-off events. Events are scheduled twice every year. Contact the Carteret County Sheriff's Department for drop-off information. Since the start of this initiative in 2008, over 500,000 doses of prescription and O-T-C medications have been collected.

## Pharmacy Locations Continued

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Medical Park East	252-504-2800
Medical Park West	252-726-0279
Morehead City Drug Co.	252-726-2106
O'Neal's Drug Store	252-223-3080
Sea Level Pharmacy	252-225-0601 or 252-225-4921
Wal-Mart Pharmacy	252-247-2501
Walgreens, MHC	252-222-3643
Walgreens, Hwy 70/24	252-222-0288
Walgreens, Cape Carteret	252-393-2031

**PILLS can KILL:** Prescription medication abuse is a growing problem in Carteret County and across the US. To prevent prescription medication abuse, properly dispose of unused or expired medications, lock up current medications in a safe place, and talk to your family members, especially teens, about the dangers of prescription drug abuse. Unwanted, expired, or unused prescription medications can be picked up and disposed of safely by contacting the Carteret County Sheriff's Department 252- 504-4800.

## Physicians (By Specialty)

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### Allergy-Immunology

**Allergy and Asthma Center**  
James M. Zechman, MD  
3601 Bridges Street  
Morehead City, NC 28557  
Phone: 252-726-9909

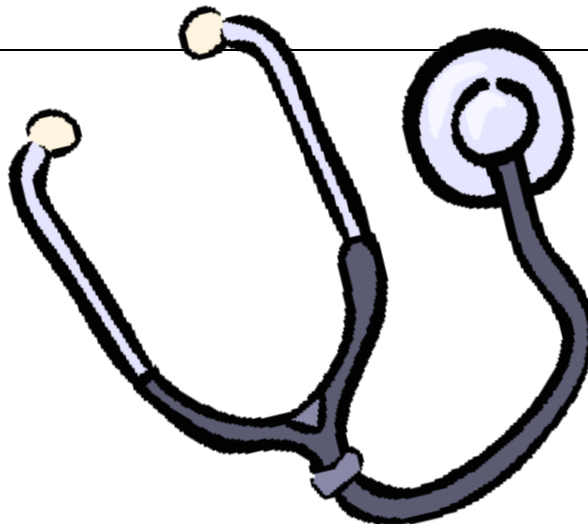
### Cardiology

**Carolina East Heart Center**  
3332 Bridges Street, Suite 3B  
Morehead City, NC 28557  
Phone: 252-808-0145

### Dermatology

**Crystal Clear Skin Care and Laser Clinic**  
Bianca Rosso, MD  
Western Carteret Medical Center  
716 Cedar Point Blvd.  
Cedar Point, NC 28584  
Phone: 252-393-6544

**Crystal Coast Dermatology Services, PA**  
Earl G. Gross, MD  
3610 Medical Park Court  
Morehead City, NC 28557  
Phone: 252-808-3376



## APPENDIX A

### Physicians by Specialty Continued

#### **Dermatology**

##### **Down East Medical Associates**

Gloria F. Graham, MD  
306 Medical Park Court  
Morehead City, NC 28557  
Phone: 252-247-2013

##### **Eastern Dermatology and Pathology, PA**

4251 A Arendell Street  
Morehead City, NC 28557  
Phone: 252-240-3531  
Web site: [www.easternderm.com](http://www.easternderm.com)

##### **Newport Dermatology**

Maurice Dana, MD  
285 Howard Blvd.  
Newport, NC 28570  
Phone: 252-223-4054

#### **Ear, Nose and Throat**

##### **Coastal Ear, Nose and Throat Associates**

3601 Bridges Street  
Morehead City, NC 28557  
Phone: 252-247-3257

#### **Endocrinology (Diabetes and Thyroid Diseases)**

##### **Diabetes and Endocrinology Consultants**

611 N. 35<sup>th</sup> Street  
Morehead City, NC 28557  
Phone: 252-222-5700

##### **Down East Medical Associates**

Mary Katherine Lawrence, MD  
306 Medical Park Court  
Morehead City, NC 28557  
Phone: 252-247-2013

**Physicians (By Specialty) Continued**

**Family Practice**

**Cape Carteret Family Medicine**

211 W B Mclean Dr.  
Cape Carteret, NC 28584  
Phone: 252-393-2013  
Phone: 252-354-6500

**James J. Crosswell, Jr., MD**

97 Campen Road  
Beaufort, NC 28516  
Phone: 252-728-3875

**Carteret Family Practice Clinic, PA**

Donald B. Reece, MD  
208-A Penny Lane  
Morehead City, NC 28557  
Phone: 252-247-5177

**Crystal Coast Family Practice**

505 N. 35<sup>th</sup> Street  
Morehead City, NC 28557  
Phone: 252-726-8414

**&**

504 Cedar Point Blvd Cedar Point, NC 28584  
Phone: 252-393-6374

**East Carteret Family Medicine**

Kerry A. Willis, MD  
1620-C Live Oak Street  
Beaufort, NC 28516  
Phone: 252-728-5737

**Emerald Isle Doctor's Care**

7901 Emerald Drive, Veranda Square  
Emerald Isle, NC 28594  
Phone: 252-354-6500

**Newport Family Practice**

Richard Bloomfield, MD  
338 Howard Blvd  
Newport, NC 28570  
Phone: 252-223-5054

**P. Scott Rice, MD**

534 N. 35<sup>th</sup> Street, Suite A  
Morehead City, NC 28557  
Phone: 252-726-1166

**Sea Breeze Family Practice**

Joseph F. Nutz, Jr., MD  
Bridge Mill Professional Park  
3004 Bridges Street  
Morehead City, NC 28557  
Phone: 252-727-4933  
Web site: [www.familydoctor.org/seabreeze](http://www.familydoctor.org/seabreeze)

**Seaside Family Practice of Beaufort**

407 Live Oak Street Beaufort, NC 28516  
Phone: 252-728-2328

**Sound Medical Family Practice**

John Rickabaugh, MD  
Karen Skarda, MD 3608 Medical Park Court  
Morehead City, NC 28557  
Phone: 252-247-3476

**&**

300-E Taylor Notion Road  
Cape Carteret, NC 28584  
Phone: 252-354-1970

**Soundside Health Care**

William Rawls, Jr., MD  
Maribeth Loynes, MD  
3106 Arendell Street  
Morehead City, NC 28557  
Phone: 252-808-2500  
Web site: [www.soundsidehealthcare.com](http://www.soundsidehealthcare.com)

**Western Carteret Medical Center**

Bianca Rosso, MD  
718 Cedar Point Blvd.  
Cedar Point, NC 28584  
Phone: 252-393-6543

## APPENDIX A

### Physicians (By Specialty) Continued

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#### **Gastroenterology**

##### **Southern Gastroenterology Associates**

310 Commerce Avenue, Suite B  
Morehead City, NC 28557  
Phone: 252-726-7111

#### **Internal Medicine**

##### **Alonzo Davis, MD**

306 Penny Lane  
Morehead City, NC 2857  
Phone: 252-726-5767

##### **Carteret Internal Medicine and Cardiology**

212 Penny Lane  
Morehead City, NC 28557  
Phone: 252-247-5426

##### **Down East Medical Associates**

306 Medical Park Court  
Morehead City, NC 28557  
Phone: 252-247-2013  
Phone: 252-222-5790

#### **Obstetrics/Gynecology**

##### **Carteret OB-GYN Associates**

Darren Wright, MD  
Nicole D'Andrea, MD  
Olivia McCallum, MD  
Theresa Johnson, MD  
Thomas Vradelis, MD  
3511 John Platt Drive  
Morehead City, NC 28557  
Phone: 252-247-4297  
Web site: [www.carteretobgyn.com](http://www.carteretobgyn.com)

##### **Crystal Coast Care for Women**

Katrina Conrad, MD  
312 Commerce Avenue, Suite A  
Morehead City, NC 28557  
Phone: 252-726-2210  
Email: [cccwomen@msn.com](mailto:cccwomen@msn.com)

*\*Carteret County Health Department also provides prenatal and gynecological services for uninsured or underinsured women. See Public Health Department listing for more information.\**

##### **H. Curtiss Merrick, MD**

3715 Guardian Avenue  
Morehead City, NC 28557

##### **North River Primecare**

Steven Greer, MD  
301 Jones Avenue  
Beaufort, NC 28516  
Phone: 252-728-3252

##### **Darryl L. Falls, MD**

1508 Arendell Street  
Morehead City, NC 28557  
Phone: 252-726-7374

##### **Girl Talk and Gynecology**

Jennifer Orr, MD  
4251 Arendell Street, Suite C  
Morehead City, NC 28557  
Phone: 252-222-0660  
Website: [www.girltalkgyn.com](http://www.girltalkgyn.com)

##### **Soundside Health Care**

William Rawls, MD  
Maribeth Loynes, MD  
3106 Arendell Street  
Morehead City, NC 28557  
Phone: 252-808-2500  
[www.soundsidehealthcare.com](http://www.soundsidehealthcare.com)

## **Physicians (By Specialty) Continued**

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### **Oncology**

#### **Raab Cancer Clinic**

James T. Loynes, MD  
302 Medical Park Ct.  
Morehead City, NC 28557  
Phone: 252-808-6177

### **Pain Management**

#### **Carteret Pain Medicine**

Ronald Long, MD  
5053-B Executive Drive  
Morehead City, NC 28557  
Phone: 252-726-8480

### **Pediatrician**

#### **Carteret Clinic for Adolescents and Children**

Kathrine Moorehead, MD  
Kevin McEnaney, MD  
Leigh Ann Lather, MD, FAAP  
3510 John Platt Drive  
Morehead City NC 28557  
Phone: 252-726-0511  
Web site: [www.carteretclinic.com](http://www.carteretclinic.com)

#### **Stanley Rule, MD**

3604 Medical Park Ct.  
Morehead City, NC 28557  
Phone: 252-240-5437  
Web site: [www.240kids.com](http://www.240kids.com)

#### **Oceanside Pediatrics**

Andrew K. Kiluk, MD  
3332 Bridges Street, Suite D  
Morehead City, NC 28557  
Phone: 252-622-4448  
Web site: [www.oceansidepediatrics.com](http://www.oceansidepediatrics.com)

### **Physical Medicine & Rehabilitation**

#### **Carteret Medical Specialists**

Susan Vettichira, MD  
300 Penny Lane  
Morehead City, NC 28557  
Phone: 252-726-4000

#### **Moore Orthopedics**

4251 Arendell St # B  
Morehead City, NC 28557-2871  
Phone: 252- 808-3100

## APPENDIX A

### **Physical Therapists**

#### **Beaufort Physical Therapy**

106 Professional Park Drive  
Beaufort, NC 28516  
Phone: 252-838-0033

#### **Break Through Physical Therapy**

3700-Symi Circle  
Morehead City, NC 28557  
Phone: 252- 247-2738

[www.RedefiningPT.com](http://www.RedefiningPT.com)



#### **Carolina Physical Therapy and Sports Medicine**

3722 Bridges Street  
Morehead City, NC 28557  
Phone: 252-726-9777

#### **Carteret Surgical Therapy**

534 N. 35<sup>th</sup> Street  
Morehead City, NC 28557  
Phone: 252-726-1802

#### **The Therapy Center of Cedar Point, Inc.**

702 Cedar Point Blvd.  
Cedar Point, NC 28584  
Phone: 252-393-8828

### **Podiatry**

#### **Carteret Foot and Ankle Specialists**

Dr. John A. Hoover, DPM  
Dr. John V. LoPiccolo, DPM  
302 N. 35<sup>th</sup> Street  
Morehead City, NC 28557  
Phone: 252-247-3256  
Website: [www.carteretfootandankle.com](http://www.carteretfootandankle.com)

#### **Coastal Foot Center**

Valentine Hamilton, MD  
3608 Medical Park Court  
Morehead City, NC 28557  
Phone: 252-726-8040

### **Psychiatry**

#### **Cape Lookout Psychiatry**

Barton L. Lewis, MD  
400 Commerce Avenue, Suite A  
Morehead City, NC 28557  
Phone: 252-726-3331

### **Pulmonary**

#### **Carteret Medical Specialists**

Sajeev P. Vettichira, MD  
300 Penny Lane #5  
Morehead City, NC 28557  
Phone: 252-726-4000

### **Renal Dialysis Unit**

#### **Crystal Coast Dialysis Unit**

3332 Bridges Street (Mackenzie Square)  
Morehead City, NC 28557  
Phone: 252-808-0444

## **Sleep Disorders and Diagnostics**

### **Carteret Medical Specialists**

300 Penny Lane  
Morehead City, NC 28557  
Phone: 252-726-4000

### **Carteret Sleep Diagnostics**

4251 Arendell Street  
Morehead City, NC 28557  
Phone: 252-247-9296

## **Surgery Centers**

### **Carolinas Center for Surgery (formerly Carteret Surgical Associates)**

Bariatric, General, Spine, Thoracic, Urologic, Vascular,  
Orthopedic & Sports Medicine  
3714 Guardian Way  
Morehead City, NC 28557  
Phone: 252-247-2101  
Website: [www.LiveAgainNC.com](http://www.LiveAgainNC.com)

## **Poison Control Center (24/7)**

### **Carolinas Poison Control Center**

Phone: 1-800-222-1222  
P. O. Box 32861  
Charlotte, NC 28232-2861  
Web site [www.ncpoisoncenter.org](http://www.ncpoisoncenter.org)

## **Public Health Department**

### **Carteret County Health Department**

3820 Bridges Street, Suite A, Morehead City, NC 28557  
Phone: 252-728-8550  
Fax: 252-222-7739  
Website: [www.carteretcountyhealth.com](http://www.carteretcountyhealth.com)



### **Clinic Programs and Services**

BCCCP, Pregnancy Care Coordination, Adult Primary Care, Employment Physicals, STD, HIV, and Communicable Disease Testing and Treatment, Family Planning, Pregnancy Testing, Immunizations, Care Coordination for Children, and other health and wellness programs and services.

*For WIC information, see Nutritionists and Nutritional Counseling or Breastfeeding Support.*

### **Environmental Health Division**

Onsite wastewater program, private well testing and permitting, inspecting and grading of food, lodging, institutions and public pools. Serv Safe classes for food establishments.  
Phone: 252-728-8499

## APPENDIX A

### Public Health Department Continued

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#### **Animal Control Division/Pest Management**

Enforce NC rabies law, investigate animal bites and cases of animal neglect and cruelty, offer spay-neuter and rabies vaccine clinics in cooperation with area veterinarians.

Maintain sentinel chicken flock to check for presence of mosquito-borne diseases.

Phone: 252-728-8585

### **Substance Abuse Services\* (Local & Regional) A-Z**

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**Alcoholics Anonymous** (12 Step Recovery) Phone: 252-726-8540

<http://www.carteretcountyyaa.org>

**Al-Anon** (12 Step Recovery for Family Members) Phone: 252-726-3368 or 252-354-3081

**Alcohol & Drug Council of North Carolina** (Information and referrals)

Contact: Eric Rodgers

3500 Westgate Drive, Suite 204 Durham, NC 27707

Phone: 919-493-0003 or [info@alcoholdrughelp.org](mailto:info@alcoholdrughelp.org)

**Atlantic House** (psychosocial rehabilitation and day program)

Contact: Andrea O'Connell

3701 Bridges Street Morehead City, NC 28557

Phone: 252-726-9732

**Brynn Marr Behavioral Healthcare** (Detoxification and Inpatient Treatment)

Contact: Cindy Ferrell

192 Village Drive Jacksonville, NC 28546

Phone: 910-577-2713

**Carolina Treatment Center**

Fayetteville and Pinehurst, NC

Phone: 910- 864-8739

**Caroline's House**

(Shelter for women experiencing abuse +/-alcohol and SA problems.)

Carteret County Domestic Violence Program

Phone: 252-728-3788 or 252-393-6361

**Carteret Counseling** (DWI evaluations and Intensive Outpatient Treatment)

Contact: Don Mrdjenovic

3820 B Bridges Street

105 N. 10<sup>th</sup> Street Morehead City, NC 28557

Phone: 252-247-1109 or 252-726-0707

## **Substance Abuse Services (Local & Regional) Continued**

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**Carteret General Hospital** (emergency evaluation, stabilization and treatment)

3500 Arendell Street Morehead City, NC 28557 252

Phone: 252-808-6000

**CASA Program** (residential treatment for pregnant women)

Contact: Jessica Rasino

Robeson Healthcare 109 Cambridge Place Smithfield, NC 27577

Phone: 919-989-8114

**Chemical Dependency Training, Evaluation, and Guidance**

(DWI assessments and outpatient treatment)

Contact: Charles Harrison East Plaza, Suite 30 Havelock, NC

Phone: 252-447-7666

**Coastal Coalition for Substance Abuse Prevention**

P.O. Box 1717 New Bern, NC 28563

Contact: Anne Hardison [anne@ccsap.org](mailto:anne@ccsap.org)

**Community Prevention Services** (education, adolescent SA treatment)

Contact: Kelli Glynn or Armando Arevalo 910-381-0549 or 353-0972

**Crossroads Adult Mental Health** (inpatient and outpatient treatment)

Craven Regional Medical Center 2000 Neuse Blvd New Bern, NC 28561

Phone: 252-633-8204

**Family Wellness & Recovery Program** (residential treatment for pregnant women)

Pittsboro, NC

Phone: 919-968-8680

**Fellowship Hall** (inpatient, 12 step based residential treatment)

Contact: Michael Whaley, Randy Carter or Shelly Kurksman

P.O. Box 13890 Greensboro, NC 27415

Phone: 336-621-3381 or 1-800-659-3381

**Gastonia Potter's House** (Christian-centered, long-term residential treatment for women)

54 Burmil Drive, Gastonia, NC 28054

Phone and Fax: 704-824-3698

**Genesis Therapeutic Services (outpatient treatment)**

Contact: Kendrick Rogers

99 Village Drive, Suite 12 Jacksonville, NC 28540 - Phone: 910-577-8200

3701 Bridges Street, Morehead City, NC 28557 – Phone: 252-726-1216

**Healing Hearts Therapeutic Services** (individual and group SA treatment)

Contact: Demetrious Shepard

825 Gum Branch Road, Suite 104 Jacksonville, NC 28540

Phone: 910- 347-1694

## APPENDIX A

### **Substance Abuse Services (Local & Regional) Continued**

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#### **Healthy Carolinians of Carteret County** (advocacy, information, and resources)

Carteret County Substance Abuse Task Force

Contact: Jessica Forsberg or Johnna Whitfield

[www.healthycarteret.org](http://www.healthycarteret.org) or [www.ccsap.org](http://www.ccsap.org)

#### **Helping Hands Therapeutic Services** (outpatient treatment)

Contact: Bev Jackson

118 Chaney Avenue Jacksonville, NC 28546

Phone: 910-938-8829 or 455-7696 (after hours)

#### **Hope Recovery Homes** (Residential drug/alcohol recovery homes operated by Hope Mission)

P. O. Box 627, Morehead City, NC 28557

Phone: 252-515-4278 or 252-515-4277 or [www.hoperecoveryhomes.org](http://www.hoperecoveryhomes.org)

#### **Hope Mission Christian Ministries**

Contact: Gene McClendon

1438 Bridges Street Morehead City, NC 28557

Phone: 252-240-2359 or 252-422-4339

(Soup kitchen, emergency financial assistance, emergency overnight shelters, and residential drug/alcohol residential recovery homes)

#### **James Lauve, ACSW, LCSW, BCD** (outpatient, individual treatment)

3332 Bridges Street, Suite 4, Morehead City, NC 28557

Phone: 252-726-0306

#### **Maria's House** (women's residential, half-way house operated by CASA)

1100 Ward Street Greenville, NC 27834

Phone: 252-830-1034

#### **Down East Area of Narcotics Anonymous** (12 Step Recovery)

P. O. Box 20452, Greenville, NC 27858

Phone: 252-278-0301 or 1-866-321-1631 Helpline or <http://dea-na.org>

#### **Nar-Anon** (12 Step Recovery for Family of People with Addictions)

Phone: 252-808-5350, 252-646-2725 or 1-800-477-6291

#### **Naval Hospital** (Inpatient and outpatient treatment)

100 Brewster Blvd, Camp Lejeune Jacksonville, NC 28542

Phone: 910- 451-5454

#### **Neuse Center for Mental Health, Developmental Disabilities and Substance Abuse Services**

(Screening, triage, access and referral to treatment)

2000 Neuse Blvd. New Bern, NC 28560

Phone: 252-672-4612

**Substance Abuse Services\* (Local & Regional) Continued**

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**North Carolina Physicians Health Program** (Monitoring and referrals for physicians, physician assistants and veterinarians)

Contact: Dr. Warren Pendergast 220 Horizon Drive, Suite 201 Raleigh, NC 27615

Phone: 1-800-783-6792 or 919-870-4480

**North Carolina Division of Vocational Rehabilitation Services** (Work re-entry programs for those disabled by medical problems, including alcoholism and drug addiction)

Contact: Chris Clark

310 A Commerce Avenue Morehead City, NC 28557

Phone: 252-247-2037

**Onslow Carteret Behavioral Healthcare Services** (Screening, triage, access and referral to treatment)

3820 Bridges Street, Suite B Morehead City, NC 28557

Phone: 252-726-0707 or 888-737-0327 (24 hours)

**Parent Resource Center** (Information, education, and support)

Families in Action- P. O. Box 3553, Wilson, NC 27895 Phone: 252-237-1242

**Pavillon International** (residential, inpatient treatment)

241 Pavillon Place, Mill Spring, NC 28756

Phone: 828-625-8210 and 800-392-4808

**PORT Human Services** (Outpatient individual and group treatment; Opioid treatment/Methadone or Buprenorphine program)

800 Cardinal Drive New Bern, NC 28562

Phone: 252-672-8742 or 1-866-488-7678 (Crisis Line)

**PORT Human Services** (Residential treatment, medical detoxification; Opioid treatment/Methadone or Buprenorphine program; Adolescent Substance Abuse treatment program)

2245 Stantonsburg Road, Suite O Greenville, NC 27834

Phone: 252-353-5346 or 1-866 488-7678 (Crisis Line)

**Potter's Wheel** (Long-term residential treatment)

Contact: Denny Ashby or Joe Wallace

Mount Olive, NC 28365

Phone: 919-658-5637

**RHA Crystal Coast Therapies** (Outpatient treatment)

3820 Bridges Street, Suite 3A, Morehead City, NC 28557

Phone: 252-808-0052

**Smith Assessment and Treatment Services** (DWI evaluations and outpatient treatment)

3110 Arendell Street, Suite 4, Morehead City, NC 28557

Phone: 252-727-5488

## APPENDIX A

### **Substance Abuse Services\* (Local & Regional) Continued**

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#### **SOS** (Non-medical detoxification and outpatient services)

2 Dewitt Street, Suite 6 Jacksonville, NC 28540  
Phone: 910-347-2001

#### **Stepping Stone Manor** (Half way house)

416 Walnut Street, Wilmington, NC 28401  
Phone: 910-762-1743

#### **Susan Pittman**, LCSW (individual, outpatient counseling and treatment)

105 N. 10th Street Morehead City, NC 28557  
Phone: 252-727-5279

#### **Treatment Accountability for Safer Communities (TASC)** (Outpatient treatment for parolees and those facing criminal charges)

Contact: Nikki Wilson  
607 Atlantic Beach Causeway Atlantic Beach, NC 28512  
Phone: 252-727-4877

#### **Walter B. Jones Hospital** (Inpatient treatment)

2577 W. 5th Street Greenville, NC 27834  
Phone: 252-830-3426

#### **Wilmington Treatment Center** (Inpatient or outpatient treatment)

2520 Troy Drive Wilmington, NC 28401  
Phone: 910-762-2727 or 1-877-762-3750

\*Source Healthy Carolinians of Carteret County's Booklet of Local and Regional Resources to Assist Carteret County Citizens Facing Alcoholism and/or Drug Addictions.\* 2009 Edition – Updated and Revised 12/2010

### **Travel Clinics (International and Tropical Travel)**

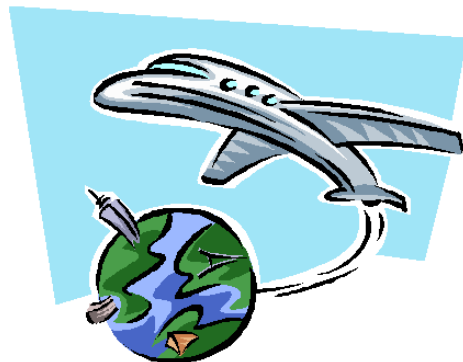
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#### **Arise Mobile Immunization & Travel Clinic**

35<sup>th</sup> Street Professional Center  
500 N. 35<sup>TH</sup> Street, Suite K  
Morehead City, NC 28557  
Phone: 252-269-0979 and [www.arisetravelclinic.com](http://www.arisetravelclinic.com)  
Wednesday through Friday, 9 to 4

#### **Coastal Infectious Disease Consultants**

2310 Delaney Avenue  
Wilmington, NC 28403  
Phone: 910-763-4511



## Travel Clinics (International and Tropical Travel) Continued

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### **ECU Division of Infectious Diseases**

By Appointment: 252-744.5751 or  
252-744-4500  
Monday through Friday, 8 am to 5 pm  
Location: Doctor's Park #6A  
Greenville, NC 27858

### **Maxim Health Care Services**

Call 1-866-844-9257 for an appointment in one of their ENC location

### **New Hanover County Health Department International Travel Clinic**

2029 South 17th Street  
Wilmington, NC 28401  
Travel Clinic Appointment Line:  
910-798-6611

*Prior to scheduling: Go to [www.mdtravelhealth.com](http://www.mdtravelhealth.com) to find out your vaccine/medication needs for your travel destination.*

### **Passport Health**

Call 919-781-0053 for clinic locations in Cary, Raleigh, Durham, Charlotte, Greensboro, Mooresville and Winston-Salem

### **Wilmington Health Associates**

1202 Medical Center Drive  
Wilmington, NC 28401  
Phone: 910-341-3426

## Urgent Care Centers

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### **Beachcare Urgent Care Center**

P. O. Box 1406  
5059 Highway 70  
Morehead City, NC 28557  
Phone: 252-808-3696

### **Carteret General Hospital Urgent Care**

3722 Bridges Street  
Morehead City, NC 28557  
Phone: 252-808-6641

### **Eastern Carteret Medical Center**

P. O. Box 130  
Sea Level, NC 28577  
Phone: 252-225-1134

### **ECIM Urgent Medical Care**

906 W. B. McLean Drive  
Cape Carteret, NC 28584  
Phone: 252-393-9007

## APPENDIX A

### **Med Center I**

P. O. Box 3097  
Atlantic Beach Causeway  
Atlantic Beach, NC 28512  
Phone: 252-247-2464

### **Western Carteret Medical Center**

718 Cedar Point Blvd.  
Cedar Point, NC 28584  
Phone: 252-393-6543

### **Veterans Primary Care Clinic**

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VA Primary Care Clinic  
5420 Highway 70  
Morehead City, NC 28557  
Phone: 252-240-2349  
Web site [www.durham.va.gov/visitors/morehead.asp](http://www.durham.va.gov/visitors/morehead.asp)

### **Veterans Administration Services Office**

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Hank Gotard, Veterans Services Officer  
3710-B John Platt Drive  
Morehead City, NC 28557  
Phone: 252-728-8440  
Web site [www.carteretvets.org](http://www.carteretvets.org)

## Inventory of Community Health Resources

### Part II – Health-Related Supportive Services

#### Blind Services

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NC Division of Services for the Blind, Department of Health and Human Services  
P.O. Box 12039  
New Bern, NC 28561  
Phone: 252-636-4900 ext 3011  
Phone: 252-728-3181  
Contact: Lori Brault, Social Worker for the Blind

#### Breastfeeding Support Services

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##### In-Home Breastfeeding Support Program

Carteret General Hospital  
Morehead City, NC 28557  
252-808-6000

##### La Leche League

Monthly Meetings Third Wednesday at 10 am  
St. Andrew's Episcopal Church, MHC  
Phone: 252-241-2710 or 252-223-2580  
Web site [www.lalecheleague.org](http://www.lalecheleague.org)

##### Women Infants and Children (WIC) -

**Carteret County Health Department**  
Breastfeeding support and education  
3820 A Bridges Street  
Morehead City, NC 28557  
Phone: 252-728-8550

#### Child Care Facilities and Family Child Care Homes

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##### Carteret County Partnership for Children

3328 A Bridges Street  
Morehead City, NC 28557  
Phone: 252-727-0440  
Web site [www.carteretkids.org](http://www.carteretkids.org)

(CCRR Child Care Resource and Referral provides updated listings and openings in licensed childcare programs.)

#### Community Foundations

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##### Carteret Community Foundation

Patricia Lawler  
P. O. Box 991  
Wilmington, NC 28402  
Phone: 910-509-7256  
Email [plawler@nccommunityfoundation.org](mailto:plawler@nccommunityfoundation.org)

*The Carteret Community Foundation was established to serve the needs of local nonprofit organizations, donors and charitable causes. The Carteret Community Foundation is an affiliate of the North Carolina Community Foundation.*

## APPENDIX A

### Community Parks and Recreation

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**Carteret County Parks and Recreation** – Thirteen public parks, adult athletics, walking trails, and recreation facilities.

1702 Live Oak Street, Beaufort, NC 28516

Phone: 252-808-3301

Web site [www.ccparksrec.com](http://www.ccparksrec.com)

**Morehead City Parks and Recreation** – Seven public parks in MHC, walking trails, youth athletics, summer camps, and a fitness and recreation facility.

1600 Fisher Street, Morehead City, NC 28557

Phone: 252-726-5083

Web site [www.moreheadcity.nc.gov/Recreation%20.html](http://www.moreheadcity.nc.gov/Recreation%20.html)

**Emerald Isle Parks and Recreation**- Athletics, aerobics, yoga, walking trails, summer camps, fitness and recreation facility and several public parks.

7506 Emerald Drive, Emerald Isle, NC 28594

Phone: 252-354-6350 and Fax: 252-354-9019

Web site [www.emeraldisle-nc.org/eiprd](http://www.emeraldisle-nc.org/eiprd)

### Complementary Health Practitioners

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**Whole Health Resource Network**

PO Box 2031, Morehead City, NC 28557

Web site [www.wholehealthresource.com](http://www.wholehealthresource.com)

### Crisis Counseling

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**Substance Abuse and Mental Illness**

Onslow Carteret Behavioral Healthcare Services- Available 24/7

Phone: 1-888-737-0327 or [www.ocbhs.org](http://www.ocbhs.org)

Onslow Carteret Behavioral Healthcare Services Family Services Center

Phone: 252-726-0707

**Domestic Violence**

Carteret County Domestic Violence Program

Phone: 252-728-3788 or 252-393-6361

**Rape**

Carteret County Rape Crisis Program

Phone: 252-504-3668

**Suicide**

National Suicide Prevention Lifeline

Toll Free Phone: 1-800-273-8255

TTY: 1-800-799-4889

Español: 1-888-628-9454

Web site [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

National Hopeline Network- 1-800-SUICIDE

Toll Free Phone: 1-800-784-2433



## **Crisis Counseling Continued**

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### **Tobacco Cessation**

The North Carolina Quitline- Free Tobacco cessation support 7 days a week, 8 am to 3 am.

1-800-Quit-Now or 1-800-784-8669

Web site: [www.quitlinenc.com/](http://www.quitlinenc.com/)

### **Youth Crisis Counseling**

Youth America Hotline

Toll Free Phone: 1-877-968-8454

Website [www.youthline.us](http://www.youthline.us)

*Free peer to peer hotline network linking callers to community based peer counseling hotlines in the nation. Topics include Suicide, Bullying/Violence, Depression, Grief/Loss, Relationships, Stress/Anxiety, Substance Abuse, Teen Pregnancy, and Sexually Transmitted Diseases.*

## **Deaf/Hard of Hearing Services**

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### **NC Division of Services for the Deaf and Hard of Hearing**

Wilmington Regional Center

3340 Jaeckle Dr. Suite 104 Wilmington, NC 28403

1-800-205-9915 – Voice

1-800-205-9916 – TTY

Web site [www.dhhs.state.nc.us/dsdhh/](http://www.dhhs.state.nc.us/dsdhh/)



## **Department of Social Services**

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Economic Services, Medicaid Programs, Adult Services, Families and Children Services, Work First Family Assistance, Employment Program and Crisis Intervention

### **Carteret County Department of Social Services**

210 Craven Street

Beaufort, NC 28516

Phone: 252-728-3181

Website: [www.carteretcountygov.org](http://www.carteretcountygov.org)

## **Free Health Screenings**

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**Breast cancer screening** October of each year – offered by Raab Oncology Clinic and Carteret County Health Department

**Prostate cancer screening** offered by Carteret General Hospital

**Skin cancer screening** Spring/Summer offered by Raab Oncology Clinic and Carteret County Health Department

## APPENDIX A

### Food Pantries, Ministries and Banks

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**All Saints Anglican Church**

Angel Food Ministries-Food at Discount  
296 McCabe Road Newport, NC 28570  
Phone: 252-247-6909

**Bridgeway Church of the Nazarene**

Angel Food Ministries-Food at Discount  
100 Lockhart Drive Beaufort, NC 28516  
Phone: 252-728-1929

**Calvary Baptist Church**

119 Bunch Road  
Beaufort, NC 28516  
Phone: 252-728-2680

**Hope Mission Soup Kitchen**

1412 Bridges Street  
Morehead City, NC 28557  
Phone: 252-247-2559

**Martha's Mission Cupboard**

901 Bay Street Morehead City, NC  
28557  
Phone: 252-726-1717  
Must be referred by Social Services

**Meals on Wheels**

Meal Delivery for Shut-Ins  
Phone: 252-728-6472 for more  
information

**Otway Christian Church**

Angel Food Ministries  
242 Gillikin Road  
Beaufort, NC 28516  
Phone: 252-728-3574

**St. James United Methodist Church**

(For Newport residents)  
Matthew 25 Food Pantry  
1007 Orange Street Newport, NC 28570  
Phone: 252-223-4727

**Crystal Coast Assembly of God**

Angel Food Ministries  
1367 NC Hwy 58 Swansboro, NC 28584  
Phone: 252-393-6858

**Faith Tabernacle of Praise**

413 Highway 101  
Beaufort, NC 28516  
Phone: 252-753-8586

**Glad Tidings Church**

4621 Country Club Road  
Morehead City, NC 28557  
Phone: 252-726-016

**St. Paul's Episcopal Church**

215 Ann Street  
Beaufort, NC 28516  
Phone: 252-728-3324  
Must be referred by Social Services

**St. Peter's United Methodist Church**

111 Hodges Street  
Morehead City, NC 28557  
Phone: 252-726-2175

**The Salvation Army**

1700 Arendell Street  
P. O. Box 399 Morehead City, NC 28557  
Phone: 252-726-7147 for Appointment

**The Storehouse Food Pantry**

East Coast Church  
615 Tom Mann Road Newport, NC  
28570  
Phone: 252-725-5539 For Appointment  
Web site [www.eastcoastchurch.org](http://www.eastcoastchurch.org)

**Wildwood Presbyterian Church**

276 Wildwood Road  
Newport, NC 28570  
Phone: 252-726-9118

**Woodville Baptist ACTS**

450 Highway 70  
Beaufort, NC 28516  
Phone: 252-728-1414

## Head Start and Early Head Start Programs

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Coastal Community Action, Inc.  
Contact Maria McDonald  
303 McQueen Avenue  
P.O. Box 729 Newport, NC 28570  
Phone: 252-223-1670

## Health Promotion & Prevention Programs

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### **Carteret County Health Department Health Education and Promotion Department**

Provides information and support for physical activity, nutrition and tobacco prevention and cessation initiatives. Speakers, information and referrals, health fairs.  
Phone: 252-728-8550

Web site [www.carteretcountyhealth.com](http://www.carteretcountyhealth.com)



### **Carteret General Hospital AllWell Program**

3500 Arendell Street Morehead City, NC 28557  
Wellness programs  
Phone: 252-808-6611

### **Healthy Carolinians of Carteret County**

Physical Activity and Nutrition, Substance Abuse Prevention, and Tobacco Prevention  
Supporting policy and environmental change related to the above priorities.  
For more information contact: Laura Lee Davis (President) or Andrea Swain (VP)  
Healthy Carolinians of Carteret County, 303 College Circle, Morehead City, NC 28557  
Email [andrea.swain@carteretcountygov.org](mailto:andrea.swain@carteretcountygov.org)

### **NC Cooperative Extension**

CMAST Building 303 College Circle  
Morehead City, NC 28557  
Phone: 252-222-6359  
Referrals and information on a host of consumer, health and environmental topics  
Web site <http://carteret.ces.ncsu.edu>

## Latino/ Hispanic Community Resources

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### **Coastal Community Action**

303 McQueen Avenue  
P. O. Box 729 Newport, NC 28570  
Phone: 252-223-1678

## Mayor's Committee for Persons with Disabilities

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Meets first Tuesday of the month at Bryant Student Center at Carteret Community College  
Contact: Elaine Tempel  
Phone: 252-247-9414

## APPENDIX A

### **National Alliance on Mental Illness (NAMI)** Carteret County Chapter

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Contact: Ernest Hayman at

Phone: 252-728-5298

For family and caregivers of persons with mental illness

Offers Family-to-Family courses to discuss clinical treatment, knowledge and coping skills.

### **Parenting Programs/Support**

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#### **Coastal Pregnancy Care Center**

5447 Highway 70 West, Suite 101

Morehead City, NC 28557

Phone: 252-247-2273

#### **Carteret Community College**

3505 Arendell Street

Morehead City, NC 28557

Phone: 252-222-6200

Call for Schedule/Registration Info

#### **Le' Chris Counseling Services, Inc.**

3332-A Bridges Street

Morehead City, NC 28557

Phone: 252-726-9006

### **Parish Nursing Program**

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Nurse-led health promotion programs in local churches

Contact: Patricia M. Kellum, RN

Parish Nurse Educator

Carteret General Hospital

Phone: 252-808-6677

Email: [pkellum@ccgh.org](mailto:pkellum@ccgh.org)

### **Public Transportation**

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#### **Carteret County Area Transportation System (CCATS)**

3820 Bridges Street, Suite C

Morehead City, NC 28557

Ride Request Line & General Information: 252-240-1043 or 1-800-735-2962

Public Transportation Service for all residents and guests of Carteret County.

Email: [ccats@carteretcountygov.org](mailto:ccats@carteretcountygov.org)

### **Quit Smoking**

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Better Breathers Support Group

Carteret General Hospital

Call 252-808-6616 for Information & Meeting Time

NC Quitline - Free, Confidential Smoking Cessation Support over the phone

Expert Quit Coaches available to help you!

Toll Free Phone: 1-800-QUIT-NOW or 1-800-784-8669

Available 7 days a week, 8 AM to 3 AM



## **Quit Smoking Continued**

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Teen Tobacco Prevention and Advocacy

Carteret County Health Department- TRU- Tobacco Reality Unfiltered Campaign

Contact: Andrea Swain [andrea.swain@carteretcountygov.org](mailto:andrea.swain@carteretcountygov.org)

## **Senior Services**

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### **AARP Chapter 171**

P. O. Box 111, Gloucester, NC 28528

### **AARP Chapter 1714**

**107 McGinnis Drive, Pine Knoll Shores, NC 28512**

252-223-2077

### **Area Agency on Aging for Carteret County**

Eastern Carolina Council of Governments

233 Middle Street

P.O. Box 1717 New Bern, NC 28563

(252) 638-3185 or 1-800-824-4648

Web site [www.eccog.org](http://www.eccog.org)

### **Coastal Community Action**

(Senior Services: Foster Grandparent Program, RSVP Retired & Senior Volunteer Program, Senior Companion Program)

303 McQueen Avenue

P.O. Box 729, Newport, NC 28570

Phone: 252-223-1630

### **Leon Mann, Jr. Senior Enrichment Center**

3820 Galantis Drive Morehead City, NC 28557

Phone: 252-247-2626

(Meals, activities, exercise programs for ages 55 and over)

### **Seniors Health Insurance Information Program (SHIIP)**

Contact: Hal Taylor

Cooperative Extension

Phone: 252-222-6352 or 1-800-443-9354 for NC SHIIP

(Free, unbiased counseling about Medicare plans and other types of insurance)

## **Vocational Rehabilitation**

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### **NC Department of Vocational Rehabilitation**

310-A Commerce Avenue, Morehead City, NC 28557

Phone: 252-246-2037 or 1-877-832-3835

(Promotes employment and independence for people with disabilities)

## APPENDIX A

### Water Laboratories

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**Bacteriological Water Lab:**

Carteret County Health Department (Have access to State Public Health Lab)

Environmental Health Division

3820 A Bridges Street, Morehead City, NC 28557

Phone: 252-728-8499 (Call for information on sample collection and cost)

**Private Certified Drinking Water Commercial Laboratories:**

Refer to the following website for a complete listing for North Carolina:

<http://slphreporting.ncpublichealth.com/EnvironmentalSciences/Certification/CertifiedLaboratory.asp>

End of Inventory